

## **ABSTRACT**

**Title:** Evaluation of physical fitness football players age 16 - 17 years.

**Objectives:** The main objective of this work is to determine body composition and physical fitness in the group of regularly trained football players in age 16-17 years and students of the same age, who are not engaged in any physical activities on regular basis. The second objective is to compare the physical fitness in selected standardized tests between the both groups.

**Methods:** 40 persons participated in the testing in total. The machine of bioelectrical impedance BIA 2000 M was used for the detection of the body composition and it was used electrical impedance analysis. Data processing was carried out in the program NUTRI 4. The observed parameters were a percentage of body fat, intracellular and fat-free tissue. To determine of the motor and physical fitness were used standardized batteries of tests.

**Results:** Football players have better physical parameters that also affect physical and motor fitness in comparison with students, are not engaged in any physical activities on regular basis. It was found that football players have lower percentages of body fat and higher level of physical fitness.

**Keywords:** Football, Fitness, Motor Test, Body Composition